

Recipe Analysis Report

Detail Information Per Portion

Brown Rice Florentine-Centro

Master Reference: ADDTL INFO
Category: Side Dishes:Starch:Chopped Starch

Analysis Accepted (PATRICKGOYAU,17-APR-25)

Yield: 200
Portion: 4 ounce

Nutrient Link	Source	Grams	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Sodium (mg)	Iron (mg)
Oil,Canola	USDA	1	10	0.0	1.1	0.0	0	0	0	0.00
Onions,Raw, cup,chopped	USDA	5	2	0.0	0.0	0.4	0	1	0	0.01
Tomatoes,Red,Ripe,Raw,Year Round Average, cup,chopped or sld	USDA	10	2	0.1	0.0	0.4	0	1	1	0.03
Spinach,Canned,Regular Pack,Solids and Liquids, cup	USDA	7	1	0.1	0.0	0.2	0	6	22	0.11
Garlic,Raw, cup	USDA	1	1	0.0	0.0	0.2	0	1	0	0.01
Rice,Brown,Long-Grain,Raw, cup	USDA	30	109	2.2	0.9	22.6	0	3	1	0.38
Salt,Kosher,Tone's	CI	0	0	0.0	0.0	0.0	0	0	36	0.00
Spices,Pepper,White, tbsp,ground	USDA	0	0	0.0	0.0	0.0	0	0	0	0.01
Vegetable Stock	UserRecs	59	1	0.0	0.0	0.1	0	2	4	0.00
Totals Per Portion		112	125	2.6	2.1	23.9	0	14	64	0.55
Totals Per 100 Grams		100	112	2.3	1.9	21.4	0	12	57	0.49
Actual Calorie Distribution / Portion				10.4	19.0	95.7				
Daily Value			2000	50.0	78.0	275.0	300	1300	2300	18.00
Recommended Calorie Distribution (%)				15.0	30.0	55.0				
Percent Calorie Distribution (%)				8.3	15.2	76.5				

+ Indicates nutrient value calculated from partial information.